

# Wild Rice

[Click here for Wild Rice recipes](#)

[Click here to order Wild Rice](#)

[Click here to print the information below](#)

For centuries before the Europeans came to North America, the Native American tribes of the North harvested and ate wild rice as a main staple in their diet. By the early 1900's much of the wild rice disappeared in all but the northern areas of Minnesota, Wisconsin and parts of Canada, where it still thrives in its natural state in the clear lakes and rivers.

Wild Rice is a natural food, no preservatives, no additives. It's a high fiber, low fat, low calorie carbohydrate, high in vitamin B, minerals, and full of flavor. When stored in a tightly covered container it will keep indefinitely without loss of nutrients or flavor. Wild rice expands 4 times during cooking so a little goes a long way, and it can be mixed with brown rice.

Wild Rice is actually a grass seed it grows in shallow water like rice. In the fall it's harvested by two people in a canoe, one stands at one end and poles the canoe through the wild rice bed with a long pole, the other sits and knocks the grain off the stalk into the canoe with two short sticks called knockers. A rhythm is maintained between the two and as the knocker bends the rice over the boat with one stick, he or she then sharply brushes the other stick over the heads of the rice stalks making the ripe rice fall into the canoe with a rain like sound, as the poler watches the progress and poles along at a pace to match the knockers speed. The sounds and grace of experienced ricers ricing through a bed is something to behold. As few as one and as many as fifty canoes will be ricing on a given lake or river bay.

The rice is then processed into its final state that you buy. Processing involves removing the chaff and stems and a low heat process to reduce the moisture content, all of this is naturally done with no chemicals.

In the recent past a high bred wild rice has been commercially grown in flooded farm paddies, insecticides, fungicides and other chemicals are used to grow this wild rice (paddy rice).

We recommend using only Wild Rice that naturally grows and ripens in the wild!

Wild rice is a wonderful food with many ways to cook I've included a few recipes and an order form if you can't get good wild rice locally.

Please distribute these files to other BBS's and individuals, Thanks Ray Leinbach

# Wild Rice Recipes

[Click here to print recipes](#)

[Click here for Wild Rice order form](#)

## Basic Cooking Method:

1. Wash 1 cup raw Wild Rice thoroughly.
2. In a heavy saucepan bring 4 cups of water to a boil, add rice.
3. Cover, simmer 35-40 minutes.
4. Uncover and fluff with fork.
5. Drain excess liquid if any.

## Oven Method

1. Wash 1 cup raw Wild Rice thoroughly.
2. Add Wild Rice to 3 cups water in a covered baking dish.
3. Cover and bake at 350 degrees F. for 1 hour.
4. Check rice, if more water is needed add water and fluff with a fork.
5. Continue baking for 1/2 hour. Rice should be moist not dry.

## Microwave Cooking

1. Wash 1 cup raw Wild Rice thoroughly.
2. Add Wild Rice to 3 cups water in a covered baking dish.
3. Cover and microwave to boiling, about 10 minutes.
4. Let stand 10 minutes, then stir.
5. Cover then microwave until wild rice is tender and liquid is absorbed about 10 - 15 minutes.
6. Drain any excess liquid let stand 5 minutes and fluff.

## WILD RICE BAKED CHICKEN

- 2/3 cup raw Wild Rice
- 2 tsp chicken bouillon granules, 2 cubes
- 4 celery stalks, sliced (2 cups)
- 1 tsp salt
- 1 medium green pepper diced (1 cup)
- 2 whole chicken breasts, halved and skinned
- 1 1/3 cups water
- Soy sauce

In bowl, thoroughly wash Wild Rice, drain in strainer. In buttered 2-quart casserole or baking dish, mix Wild rice, celery, green peppers, water, chicken bullion and salt. Place chicken on top of rice mixture; brush with soy sauce. Cover dish, bake in 350 degree oven for 1 1/2 hours or until wild rice is tender.

## WILD RICE CASSEROLE

1 cup raw wild Rice  
1/2 cup sliced almonds or water chestnuts  
1/2 lb mushrooms sliced  
3 tbsp minced onion  
3 cups chicken broth  
1/4 cup butter

Rinse Wild Rice thoroughly. Combine wild rice, mushrooms, onions and almonds in a 2-quart casserole. Add broth, dot with butter. Cover and bake in 325 degree oven until rice is tender and liquid is absorbed (about 1 1/2 hours)

## SAUSAGE AND WILD RICE STUFFING

1 cup raw Wild Rice  
1/2 cup sausage meat  
1/3 cup onion, minced  
2 tbsp parsley, minced  
1 cup mushrooms, chopped  
Salt and pepper to taste  
1/2 cup butter  
1/2 tsp sage

Precook Wild Rice. Saute onion in butter, add chopped mushrooms and sausage and fry until done. Combine Wild Rice, sausage mixture, parsley, sage, salt and pepper. Ideal for chicken, turkey, duck or squab.

***One cup of raw Wild Rice yields approximately four cups of cooked Wild Rice.***

***Cooked wild rice may be refrigerated and reheated in microwave or saucepan.***

***Cooked rice may also be frozen for later use.***

# Wild Rice

*Hand harvested from the lakes and rivers of Northern Minnesota.  
\$6.00 per lb - 5lb minimum order - \$3.00 shipping - To order fill out form below*

[Click here to print this order form](#)

n

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

n

How many lbs: \_\_\_\_\_

Price (lbs \* \$6.00):        \$ \_\_\_\_\_

Shipping:                        \$ 3.00

Total:                             \_\_\_\_\_

n

Send a check or money order to:

Ray Leinbach  
Rt 1 Box 202  
Blackduck, MN 56630

*"We are a family owned and operated small business Thanks for your support."*

***Bulk prices available over 25 lbs call 218-835-6463***



